



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov



March 2016



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Spring will be here before we know it! In the meantime, March is "National Social Work Month", with a focus on this wonderful profession and the positive impact social workers have in our community. This year's theme, *Forging Solutions out of Challenges*, celebrates the work done by countless social workers to improve lives. Today, social work is one of the fastest growing professions in the United States, with more than 600,000 people employed in the field. Professional social workers tackle some of the toughest challenges facing our society. In every city and every community they develop solutions to make mental health and health care more available, to reduce poverty, to eliminate injustice and discrimination, and to protect vulnerable children and adults from harm. Social workers contribute at all levels of society, working with individuals, families, schools, universities, non-profit agencies, corporations, hospitals, and government offices to mediate conflict, foster positive relationships and create hope and opportunity for people in need.

Here at the Upton Center, our Social Services Coordinator, Jessica Mauro, is available to help you with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. She also leads wellness talks on various health topics throughout the month. Please see details in the pages that follow. Feel free to call her at 508-529-4558 with any questions. She is here to help Upton residents of ALL ages with their Social Services needs.



Jessica is also kicking off our Walking Club this month now that spring is in the air! She'll be leading a **Walk in the Park on Wednesday, March 30 at 12:30** at the Milford bike trail. Please call the Center to register and let us know if you need a free ride on our van. This is a great way to get some exercise in as you hear about the free giveaways and incentives we have in store to help keep you active in the coming months. This will be the first in our monthly "Walk in the Park" series to help you stay fit and enjoy the great outdoors, so come give it a try! People of all fitness levels are welcome.

In addition to the resources available here at the Center, we appreciate the help we get from members of the community which allow us to better support our seniors. Many thanks to Beth Patras, Kim Smith and David Klein of Cornerstone of Milford for providing a fantastic "Brain Healthy Lunch" to over 30 seniors at the Center on February 12. We truly enjoyed the delicious healthy lunch, as well as the presentation on the strategies and benefits of eating healthy. We appreciate it! Anyone interested in more information on Cornerstone can contact Beth Patras, Director of Community Relations, at 508-473-0035 or bpatras@cornerstonemilford.com.



We are also grateful to those in the community who helped show some love to our seniors for Valentine's Day. The students of Mrs. McDonald's Kindergarten class at Memorial Elementary School created over 100 Valentines for our seniors. They were just beautiful! In addition, the culinary students at BVT Regional High School made our seniors some delicious Valentine chocolates. Thank you all! Your kindness is appreciated.

Janice

Shopping Trips



Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop.*

Wednesday, March 2 at 12:30—**Market Basket**, Hudson

Wednesday, March 9 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Friday, March 11 at 9:15—**Christmas Tree Shop Plaza**, Shrewsbury

Friday, March 18 at 9:15—**Market Basket**, Oxford

Wednesday, March 23 at 1:00—**Hannaford's**, Uxbridge

Friday, March 25 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Thursday, March 31 at 9:15—**Shaw's/Walgreens**, Milford



Elder Affairs Officer

Wednesdays, March 2 & 16 at 9:00

A member of the Upton Police Department will be holding office hours at the Upton Center. Please call the Center to set up a time if you would like to meet with the officer.

SHINE



Wednesday, March 2, 9:00—11:00

& Wednesday, March 16, 9:00—12:00

SHINE Counselor Marcy Singer will hold appointments at the Center. Please call the Center to register.



Visit to BVT Salon

Friday, March 4 at 9:00

We'll return to the Salon at BVT, a full-service salon housed within the BVT High School here in Upton. You can choose from their full menu of services at their discounted prices. Manicures are just \$5. Tips are appreciated. Stop by our front office for a full price list. **Please RSVP to the Upton Center to reserve a time.** Our van will provide transportation for a fare of \$1 roundtrip.

Employee Appreciation Social

Friday, March 4 at 12:45



It's employee appreciation day today, which means bosses across the country are taking time out to thank their employees for a job well done! Join us for a Social as we celebrate with light refreshments. No fee. Please call the Center to Register.



Foxwoods Casino Trip

Wednesday, March 9, 6:45 a.m.—5:30 p.m.

Join Foxy Travel of Northbridge for their daytrip to Foxwoods Casino. Special discounted cost of \$20 this month includes deluxe motor coach transportation, \$10 in food (or free buffet), and \$10 of slot play. Our van will be available to get you to and from Foxy Travel to join in their trip for an additional \$2 each way. Please call the Center to register. No refunds/transfers within 7 days of trip.

Wellness Talks with Jessica

Wednesdays, March 9 & 23 at 12:30



Join Jessica for Wellness talks covering a variety of health issues. Please call the Center to register and let Jes know what topics you'd most like to hear about.

Podiatrist Visit

Thursday, March 10, 8:45-12:00



Podiatrist Dr. Biancamano will be holding appointments at the Center. Please call the Center to Register.



Tax Appointments

Friday March 11, 18, 25, 9:00—1:00

It's that time of year again!...AARP tax preparers will be here to help seniors prepare their taxes at no charge. Spaces are filling fast. Please call the Center to schedule an appointment. Additional appointments are available April 1st and 8th.

Birthday Bash

Friday, March 11 at 12:45



Mother Nature interfered with our celebration in February so this time we'll celebrate both **February AND March** birthdays. Join us for pizza and cake. The event is free for those with February and March birthdays; a donation of \$3 is suggested for all others. Please call the Center to register.



March Madness!

The week of March 14—18

We thought we'd add a little "Madness" to "March" by having a fun theme at the Center each day this week!

- Monday—Crazy Hair Day (anything goes!)
- Tuesday—Mismatch day (mix up your clothes!)
- Wednesday—Pajama Day (don't forget your slippers!)
- Thursday—Go Green for St. Patty's Day!
- Friday—Sports Day (wear your favorite team's shirt!)



Senator Moore Office Hours

Monday, March 14, 9:00

Senator Moore's office will hold office hours at the Upton Center to discuss any concerns you may have.

Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).



Anxiety & Depression Talk

Wednesday, March 16 at 12:30

Nancy Durkin, a Social Worker at the Salmon VNA, will speak on Anxiety and Depression. Please join us to learn more on this important topic. A light refreshment will be served. No fee. Please call the Center to register..



Lunch at Empire Buffet

Monday, March 28 at 11:30

Enjoy a delicious lunch with friends at the Empire Buffet in Woonsocket. They offer American, Chinese and Italian Cuisine, with a \$5.99 lunch buffet on Mondays. Please call the Center to register and let us know if you need a van ride.

St. Patty's Day Continental Breakfast, Celebration & Scavenger Hunt

Thursday, March 17 at 9:15



Start your day with a Saint Patrick's Day celebration! Join us for a continental breakfast and some scavenger hunt fun. Donation of \$2 is suggested. Please call the Center to register.

Men's Club Supper

Friday, March 18 at 5:30

Don't miss the ever-popular Men's Club Supper! **Please note the date change** (it's a week early due to Good Friday next week). No fee. And remember—it's not just for men! Please call the Center to register. Friendly reminder....please do not park in the lot across the street.



Representative Muradian

Thursday, March 24, 12:00—1:00

State Representative David Muradian's office will hold office hours at the Upton Center to discuss your concerns.

Craft Project with Miscoe Students

Thursday, March 24 at 3:00



Students from the Miscoe Hill after school program will be here to work with us on another fun craft project! Please call the Center to register. No fee.

Friends of Rachel BVT Dinner

Thursday, March 24 at 5:00



Attend an all you can eat buffet (Salisbury steak dinner, dessert & beverage) at Blackstone Valley Technical High School in Upton to benefit the Multiple Sclerosis. Please RSVP by March 16 and let us know if you need a free ride on our van. We will reserve a seating for our group at 5pm. Tickets are \$15 at the door. Van will depart from Millhaus Lobby at 4:45.



Egg Decorating & Egg Hunt

Friday, March 25 at 12:45

Spring is here! Join us as we kick off the new season with an egg hunt and egg decorating. Light refreshments will be served. Suggested donation is \$1. Please call the Center to register.

Fun & Games Social

Tuesday, March 29 at 12:45



We'll be breaking out our Pictionary game and some light refreshments for some afternoon fun. Join us to play, or just to cheer us on! No fee. Please call to register.



A Walk in the Park

Wednesday, March 30 at 12:30

Now that spring has sprung, join us as we kick off our walking club with a walk along the Milford bike trail. Get some exercise in as you hear about the free giveaways and incentives we have in store to help keep you active in the coming months! This will be the first in our monthly "Walk in the Park" series to help you stay fit and enjoy the great outdoors. Please call the Center to register. We'll transport you on the van at no cost.

Blood Pressure Checks



Every Friday at 10:30 + Wed., March 30 at 12:30

An EMT visits the Center every Friday at 10:30 to check blood pressure. The Town Nurse will also be here to do checks on Wednesday, March 30 at 12:30.



Tri-Valley Italian Dinner

Thursday, March 31 at 4:00

Head on over to the Milford Senior Center for a delicious Italian meal to benefit the annual March for Meals Campaign. The cost is \$7 (or \$10 if you'd like a roundtrip ride on our van). The van will depart from the Upton Center at 3:30. Please call the Center by March 24 to reserve your spot. Sponsored by the Tri-Valley Nutrition Program and Chartwell's Catering.



Exercise Programs

Mondays at 1:00 and Wednesdays at 10:00

Come learn the ancient Chinese exercise of **Tai Chi on Mondays at 1:00**. Improve strength and balance while relieving stress! Then join Wendy and her dog, Ben, for **Strength & Stretch on Wednesdays at 10:00**. All ages and abilities welcome and a \$3 donation is suggested for each.



Weather Policy

Just a reminder that we may need to cancel programs due to severe weather. Please call ahead prior to attending events here at the Upton Center if weather is questionable.

Scam Alert

There have been reports of people receiving phone calls from individuals claiming they are the IRS. They are requesting people's personal information such as: birthdate, social security number, bank information and address. **DO NOT SHARE ANY PERSONAL INFORMATION OVER THE PHONE.** If you suspect it is a scam, hang up. These callers have been known to be very persistent and at times aggressive. Do not give in.

There have also been claims of people getting phone calls from other agencies such as: Mass health, Medicaid, Charter Communications and/or computer companies requesting the same information.

Many agencies will not call you directly and would only communicate through the postal service (mail). If you need to contact any agency, research their direct phone number. Never call the phone number the said caller has given you. If you have any questions on this matter, you can contact: Treasury Inspector General for Tax Administration at: 800-366-4484.

Social Services

If you have any questions pertaining to: **SNAP, SMOC** (fuel assistance, which runs from Nov. 1—April 30), **SHINE** (Serving Health Individual Needs of Everyone) and/or a general questions please contact Jessica at the Center at 508-529-4559/508-529-4558.

Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each weekday at 11:45. Please call Al at 508-529-9094 to reserve your spot at least 48 hours in advance, and see the calendar insert for details on menu selections. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.



Save the Dates

Upcoming Men's Club Suppers—April 29 and May 20 at 5:30 (Please note date change for May).

Tax Assistance—In addition to the March dates listed above, appointments will be held April 1st and April 8th. Please call the Center to register.

Creature Teacher—The Creature Teacher will return Friday, April 22 at 12:45. It's April vacation week, so bring the kids!

Volunteer Recognition Luncheon with Singer Paul Lamoureux—Monday April 25. Stay tuned for details.

Singer Tommy Rull—Tuesday, May 3 at 1:00.

Bingo Bonanza at Wright's Chicken Farm—Thursday, May 5th. Payments due April 5. Stay tuned for details in our next newsletter.

Zumba for Seniors

Rebecca's Place 4 Fitness at 3 Farm Street in Upton is offering a special for Upton Seniors. Attend Zumba class on Thursdays 10:30-11:30 for only \$5! All fitness levels welcome. Visit www.rebecca123.zumba.com for details.

Smoke & Carbon Monoxide Detectors



The Upton Fire-EMS Department received a grant which allows them to purchase and install smoke and Co detectors for senior Upton residents who own their own home and are unable to purchase them. Please contact Lt. Bonnie Lopez for at 508-529-3421 for details.



Community Supper on St. Patty's Day

United Parish Church will hold its monthly Community Supper on Thursday, March 17 at 5:30. Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are gratefully accepted.



Bloomer Girls Craft Night

Join the Upton Bloomer Girls for a fun night of crafts on March 22 at the Upton VFW at 6pm, all for a good cause. Petal and Crumb will be on hand to teach you how to make Chick and Bunny floral decorations for Spring. To reserve a spot, mail a \$40 check payable to the Upton Bloomer Girls to Lori McGann, 10 Pearl Street, Upton, MA. Tickets will be held at the door.

Calling All Canasta & Cribbage Players

We have some seniors interested in connecting with others at the Center to play pocket canasta or cribbage. If interested, please call the Center at 508-529-4558.



Wish List

- Volunteers to teach workshops on cooking, photography, literature, travel, golf, fishing, woodworking, astrology or just about any area that may be of interest.
 - Healthy snacks, paper plates, plastic cutlery, cups, juice mix for the Center.
 - Non-perishables for our food pantry.
 - Senior pen pals, to match with young students.
- Please call 508-529-4558 if you can help us. Thanks!

Where's the Leprechaun's Hat?!

Congratulations to **Susan Kalloch** who was our lucky winner for finding the hidden cupid in last month's newsletter. This time we've hidden a little leprechaun hat. Can you find it?! Call the Center if you do and be entered to win a prize in mid-February. Good luck!



March 2016

















Mon

Tue

Wed

Thu

Fri

	<p>1 10:00 Card Players Group 12:30 Wii Games</p> <p>Beef Mediterranean</p>	<p>2 9:00 Upton Police  9:00—11:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class Hot Dog</p>	<p>3 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Pasta Primavera</p>	<p>4 9:00 BVT Salon Visit  10:30 Blood Pressure Checks 12:45 Employee Appreciation Social  Salmon Boat w/Dill</p>
<p>7 10:30 COA Meeting 1:00 Tai Chi</p> <p>Roast Pork w/ Gravy</p>	<p>8 10:00 Card Players Group 12:30 Wii Games</p> <p>Shepherd's Pie</p>	<p>9 6:45—5:30  Foxwoods Trip 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Afternoon Movie 2:30 Computer Class Bacon Omelet</p>	<p>10 8:45—12:00  Podiatrist Appts. 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Cacciatore</p>	<p>11 9:00—1:00 AARP Tax Appts. 9:15 Shopping Trip* 10:30 Blood Pressure Checks  12:45 Birthday Bash</p> <p>Potato Crunch Fish</p>
<p>14 Crazy Hair Day 9:00 Senator Moore 1:00 Tai Chi</p> <div data-bbox="73 1081 332 1270">  <p>Daylight Savings Time Begins, 2 a.m., Sun. March 13</p> </div> <p>Chicken Mornay</p>	<p>15 Mismatch Day 10:00 Card Players Group 12:30 Wii Games</p> <p>Pot Roast Stew</p>	<p>16 Pajama Day 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Anxiety & Depression Talk 1:00 Afternoon Movie 2:30 Computer Class Turkey a la King</p>	<p>17 Go Green Day 9:15 Saint Patrick's Day Continental Breakfast,  Celebration & Scavenger Hunt 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Corned Beef & Cabbage</p>	<p>18 Sports Day 9:00—1:00 AARP Tax Appts. 9:15 Shopping Trip* 10:30 Blood Pressure Checks  5:30 Men's Club Supper</p> <p>Macaroni & Cheese</p>
<p>21 1:00 Tai Chi</p> <div data-bbox="73 1396 332 1564">  <p>Spring Begins— Sunday, March 20</p> </div> <p>Pork Rib-i-que</p>	<p>22 10:00 Card Players Group 12:30 Wii Games</p> <p>Buttermilk Chicken</p>	<p>23 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class HOLIDAY MEAL:  Baked Ham</p>	<p>24 10:00 Knit/Crochet Group 12:00—1:00 State Rep. Muradian 1:00 BINGO 3:00 Craft w/Kids 5:00 Friends of Rachel BVT Dinner</p> <p>Swedish Meatballs</p>	<p>25 GOOD FRIDAY 9:00—1:00 AARP Tax Appts. 9:15 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Egg Decorating and Egg Hunt  Lemon Pepper Trout</p>
<p>28 11:30 Lunch Trip to Empire Buffet 1:00 Tai Chi</p> <div data-bbox="73 1795 332 1963">  <p>EASTER, Sunday, March 27</p> </div> <p>Roast Turkey</p>	<p>29  10:00 Card Players Group 12:45 Fun & Games Social 1:45 Wii Games</p> <p>Meatloaf & Gravy</p>	<p>30 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Walk in the Park 12:30 Blood Pressure Checks  1:00 Afternoon Movie 2:30 Computer Class Garlic Herbed Chicken</p>	<p>31 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 4:00 TriValley Italian Dinner in Milford </p> <p>Beef & Broccoli</p>	<p>* Please see Newsletter for details on our shopping trips.</p>

March, 2016 — Dates to Remember

March 2	Upton Police, 9:00
March 2	SHINE Appointments, 9:00—11:00
March 2	Shopping Trip—Market Basket, Hudson, 12::30
March 4	BVT Salon Visit, 9:00
March 4	Employee Appreciation Social, 12:45
March 9	Foxwoods Trip, 6:45 am—5:30 pm
March 9	Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
March 9	Jessica's Wellness Talk, 12:30
March 10	Podiatrist Appts., 8:45—12:00
March 11	AARP Tax Appointments, 9:00—1:00
March 11	Shopping Trip—Christmas Tree Shop Plaza, Shrewsbury, 9:15
March 11	Birthday Bash for February and March Birthdays, 12:45
March 13	Daylight Savings Time Begins at 2 a.m.
March 14	Senator Moore, 9:00
March 16	Upton Police, 9:00
March 16	SHINE Appointments, 9:00—12:00
March 16	Anxiety & Depression Talk, 12:30
March 17	SAINT PATRICK'S DAY— Continental Breakfast, Celebration & Scavenger Hunt, 9:15
March 18	AARP Tax Appointments, 9:00—1:00
March 18	Shopping Trip—Market Basket, Oxford, 9:15
March 18	Men's Club Supper, 5:30
March 20	First Day of Spring!
March 23	Jessica's Wellness Talk, 12:30
March 23	Shopping Trip—Hannaford's, Uxbridge, 1:00
March 24	State Representative Muradian, 12:00—1:00
March 24	Craft with Miscoe Students, 3:00
March 24	Friends of Rachel Dinner at BVT, Upton, 5:00
March 25	AARP Tax Appointments, 9:00—1:00
March 25	Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
March 25	Egg Decorating & Egg Hunt, 12:45
March 27	EASTER SUNDAY
March 28	Lunch Trip to Empire Buffet, 11:30
March 29	Fun & Games Social, 12:45
March 30	Walk in the Park at Milford Bike Trail, 12:30
March 30	Blood Pressure Checks, 12:30
March 31	Shopping Trip—Shaw's/Walgreens, Milford, 9:15
March 31	TriValley Italian Dinner in Milford, 4:00 (Van departs Upton Center at 3:30).



**Please call the Upton Center
at 508-529-4558 to register
for rides and programs.**

**Hours of operation are
Monday—Friday, 9:00—3:30
(weather & staff permitting).**



WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games	12:30
Every Wednesday	Strength & Stretch	10:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Wednesday	Afternoon Movie	1:00
Every Wednesday	Computer Class	2:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Blood Pressure Checks with EMT.....	10:30